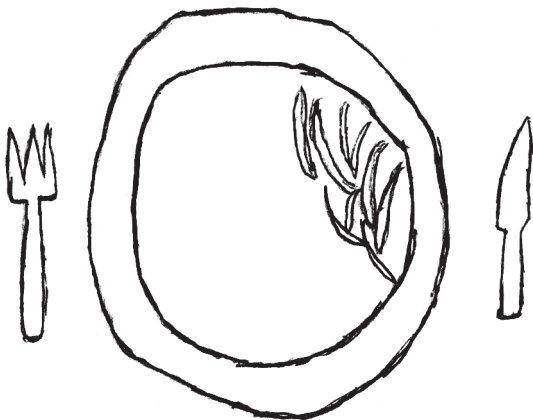


FOOD for THOUGHT



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Food for Thought

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MMXX



This is Sam, Sam really hates green beans.

"I hate green beans!!" Sam exclaimed.

"Well," replied Sam's mom, "get over it. You're not leaving this table until you eat every last bean."

"But Mooooooooooooommm!" Sam protested.



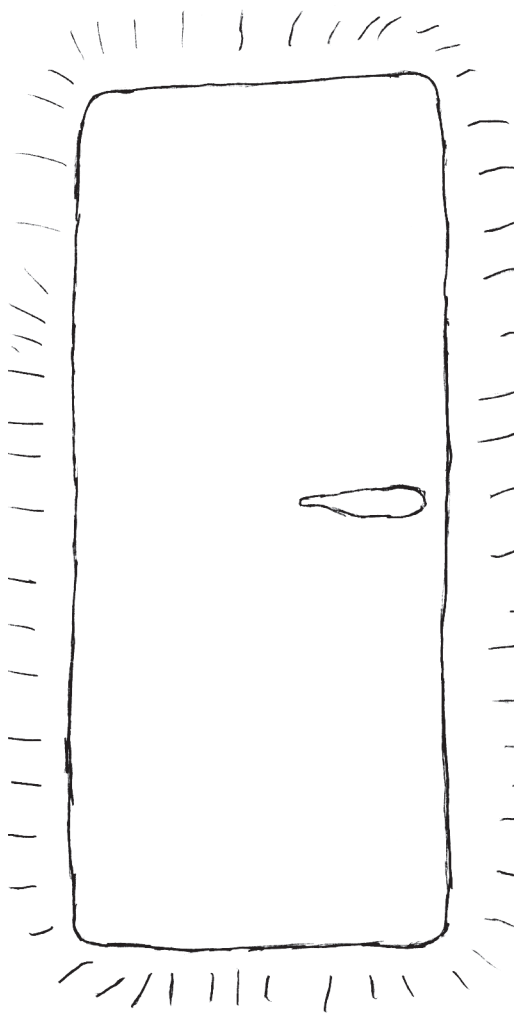
"But nothing, eat your beans!"

Sam's mom retorted as she left the kitchen to go to bed.

"Stupid green beans," Sam said dejectedly while they prodded the beans with their fork.

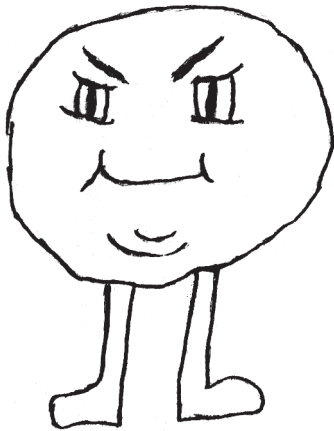


Suddenly, a ring of light appeared and just as quickly disappeared around the door of the fridge.



"What was that!?" Sam exclaimed, immediately sitting up.

Then, they heard a voice from across the table.



"Hey!" hissed the TALKING MOCHI "Hey kid!"

"Woah! Y-you're a mochi! A-and you're talking!?" cried Sam.

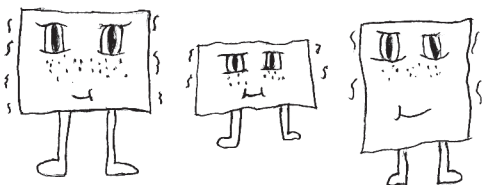
"Don't worry about it kid",
Mochi soothed. "Anyways, how'd
you like some dessert?"

"Well gee mister, I'd love
dessert right now," Sam sighed,
"but my mom said I can't leave until
I finish these beans, and I guess
that also means no dessert."

"She'll never have to know",
Mochi said with a sly smile. "Just
take a piece!"

"Well, just one couldn't hurt...,"
Sam said setting down their fork.
"And I do love mochi.."

Slowly, Sam brought
themselves to their feet and
carefully walked over to the
fridge, expertly avoiding the
creaky floorboards.



BAM! Before Sam could even touch the fridge handle, 3 chihuahua sized cubes of tofu sprang out of the fridge accidentally knocking Sam's hand away.

"Your mom said NO!" One of the tofu said firmly.

"Woah, more talking food," Sam gasped. Sorry! I- I just figured-"

"Nope," Tofu chastised." "No excuses. Integrity is doing the right thing, even when no one is looking."

"Besides, you can't have dessert now! You need to finish your dinner and complete this balanced meal!"

"Balanced meal? What's that?"
Sam asked.

"You don't know what a balanced meal is?" cried the tofu. Well, lemme show you!"



The tofu triplets led Sam to the fridge and opened the door. What was once just the inside of their fridge was transformed into a kind of doorway into another world. The tofu entered and Sam followed suit.

"Woah, where are we?" Sam exclaimed.

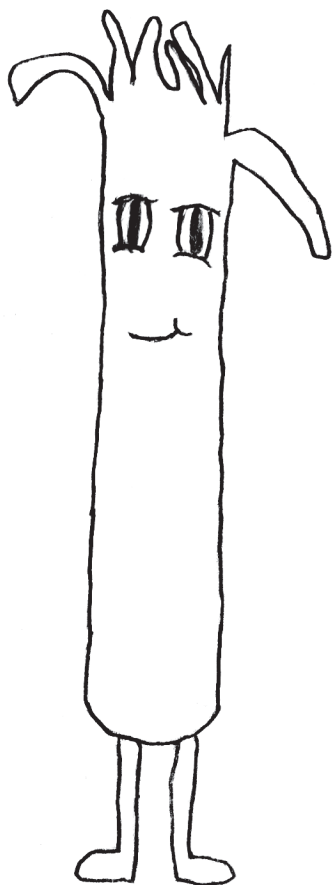
"This is our home in the fridge," the tofu triplets said in unison. "Protein Palace!"

They had entered a large chateau where everything was made of meat and fish and protein substitutes.

"A balanced meal is where all parts of a meal are proportionate," the triplets explained. "If you had dinner that was all steak and biscuits, and no beans, then it's not proportionate. Every part of a balanced meal is important."

"Why do I need protein?" Sam asked, following the tofu down a meaty hallway.

"Your body uses protein for all kinds of things," the triplets said.



Not getting enough can be really bad for you."

"Wow, is protein really that important?" Sam asked.

"It sure is!" Tofu said. "Now let's look at what else you need in your meals!"

The tofu lead Sam down a path that appeared to cut through the whole world.

"Welcome to Downtown Dairy," Tofu proclaimed, turning a corner. "I'll let Mr. Cheesestick show you around."

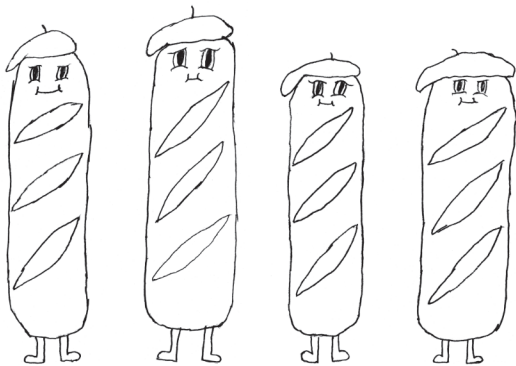
"Howdy, Sam, do you like cheese?" asked the cheesestick.

"Yessir," Sam exclaimed.

"Excellent, dairy contains calcium that helps your body build healthy bones and teeth."

Cheesestick explained leading Sam and the triplets down the street towards a huge bushel of wheat.

"Up next is the grain gang," said Tofu, picking up where Cheesestick left off.



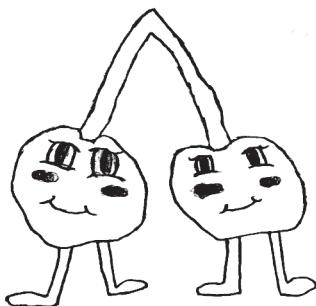
"Bonjour, we're the Baguette Bunch!" said four baguettes in unison.

"The amount of food that fits in the grain category should be no larger than the size of your hand per meal," said two baguettes with heavy french accents.

"You need the sugar in grains like bread called carbohydrates to give you energy," said the other two.

"Next stop, fruit folk!" said the tofu.

"Welcome," said two cherries attached at the stem.

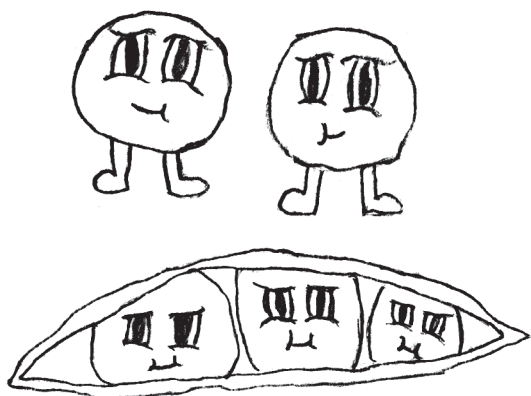


"Allow us, the Cherry Twins, to show you around!"

"Fruit is a great place to get necessary sugars, antioxidants, and fiber," the cherries explained.

"And last, but not least, Veggie Ville!" said the tofu, heading for the biggest garden Sam had ever seen.

"Augh, I hate veggies!" complained Sam.



"Well, that's not very nice" said the Pea Pals.

"We may not be your favorite," stated the Pals, "but we are important nonetheless."

"Vegetables have a lot of nutrients and vitamins you need to grow healthy and strong."

"Well, at least now I know the importance of every kind of food," Sam admitted. You can't omit any type without serious consequences to your health."

"That's right, now let's go eat some beans" said the tofu happily.

As they exited the fridge, Mochi jumped out and accosted Sam once more.

"Hey, so how about that dessert!?" Mochi pestered, giving a rotten toothed smile.

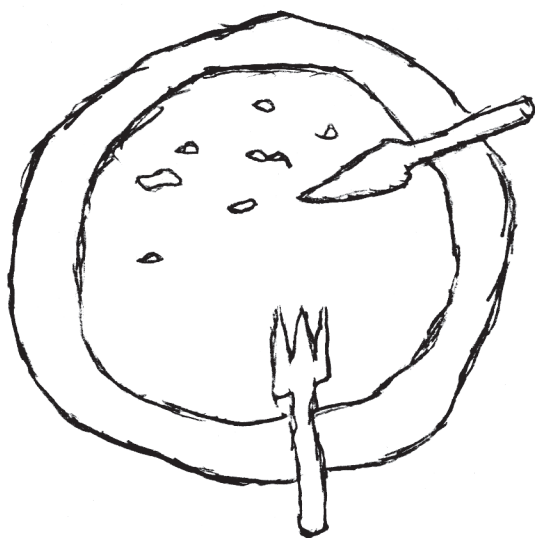
"I'm good, thanks," Sam said, stepping away from the sweet. "I gotta finish my dinner."

"Not even a little bit?" Mochi asked, dejected.

"No, thanks," said Sam shaking their head. "Mochi is an occasional treat, and that occasion is not right now."

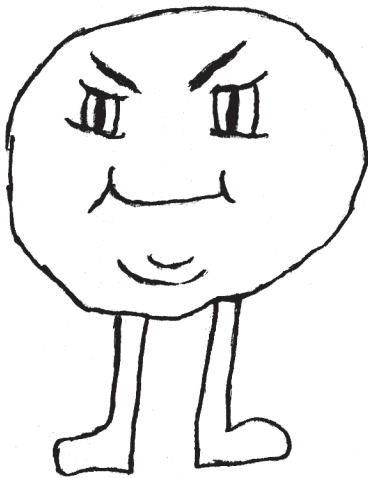
And with that Sam sat down and ate every single green bean.



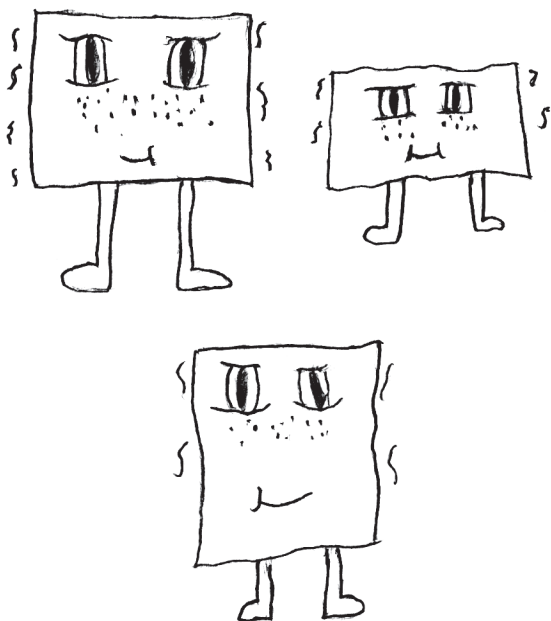


THE END

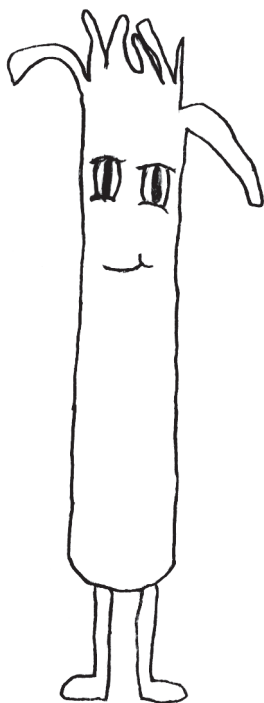
MOCHI



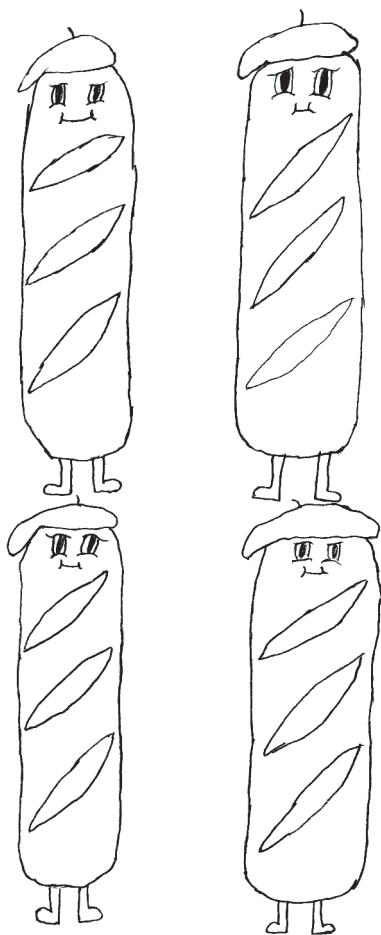
TOFU TRIPLETS



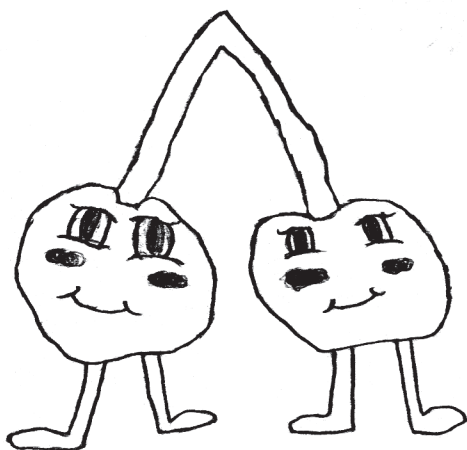
CHEESE STICK



BAGUETTE BUNCH



CHERRY TWINS



PEA PALS

